



FOR IMMEDIATE RELEASE

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LIVINGSTON HEALTHCARE OFFERS SAFE SITTER BABYSITTING CLASSES

Livingston HealthCare will offer a day-long Safe Sitter® babysitting class with CPR training for youth ages 11 to 13 years old on Saturday, March 20. The class will be taught by a Livingston HealthCare staff member who has been certified as an instructor by the national Safe Sitter program.

The Safe Sitter program is a medically accurate program that teaches young adolescents how to handle emergencies when caring for younger children. Dr. Patricia Keener, an Indianapolis pediatrician, developed the program after a friend's toddler choked to death while in the care of an adult sitter who didn't know what to do. The goal of Safe Sitter is to reduce the number of avoidable and unintentional deaths among children being cared for by babysitters. Thousands of young adolescents across the country have been trained by Safe Sitter to handle life threatening emergencies.

"As healthcare providers, we want to ensure that our youth have the tools they need to take care of younger children," said Gia Holiway, RRT, a Safe Sitter instructor. "It's part of our role in helping to keep our community healthier and safer."

During the course, students get hands-on practice in basic lifesaving techniques so they are prepared to act in a crisis. Safe Sitter participants also receive helpful tips to make them more confident caregivers. They learn safety and security precautions, such as what to do if a stranger comes to the door and when and how to call for help. They receive information on child development and age-appropriate activities. And they learn about the business aspects of babysitting.

For successful completion of the Safe Sitter program, students must pass a rigorous practical and written test to show that they have mastered the key concepts and have the skills necessary to handle an emergency.

Cost for the class is \$40, and financial scholarships are available. Lunch will be provided. For more information about the Safe Sitter babysitting class or to enroll, please call 823-6490 by March 8. Enrollment is on a first come, first serve basis as class size is limited.

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